

Please Post

# ***A Holistic Approach to Stress Management***

**A 10 SESSION WORKSHOP  
GIVEN BY MICHELINA BERTONE, S.S.A.**

**This workshop will assist you in:**

- \* identifying and broadening your awareness & use of your resources and of your stress management skills.**
- \* growing in assertiveness.**
- \* coping with loss and grief.**
- \* integrating various levels (body, mind, spirit) and aspects of your person and life.**

**DATE: MONDAYS from Sept. 21 - Nov. 30, 1992**

**TIME: 7:30 - 9:00 p.m.**

**PLACE: 5140 West Broadway (corner Fielding)  
Montreal, QC, H4V 2A2**

**DONATION: \$10.00**

**INFO. & REG.: Please call Michelina Bertone, S.S.A.,  
Phone 848-3591, work  
481-7875, home**

**REGISTER NOW!!!**

**Sponsored by Campus Ministry, of Advocacy and Support Services, Student Services,  
Concordia University.**